

TWENTIETH CENTURY COOKERY BOOK

Containing
80 Recipes, Useful Hints
and A Fortnight's Menu
By W. M. GODBOLD



PRICE ONE PENNY

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LONDON VEGETARIAN ASSOCIATION
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Mr C. Herman Senn, the famous cookery expert, has written a book on vegetable cookery: post free 1d. from Brown & Polson, 6 Bouverie Street, London, E.C. Every good cook should have this book.



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A TWENTIETH CENTURY COOKERY BOOK

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USEFUL HINTS

MANY people are apt to think that in starting the reform diet, numberless new and unheard of utensils are required in the kitchen. This is not the case—a steamer for potatoes, a frying basket to fit in a good enamelled iron saucepan, a nut mill and a vegetable mill or grater are more or less essential, but no doubt three out of the four of these are already in use in the majority of up-to-date kitchens, and a nut mill can be obtained for the modest outlay of eighteen-pence.

It is important that a good whole-meal bread be used, also that vegetables be either steamed or cooked in as little water as possible and the liquor from these be thickened with flour, and butter added, and served as sauce with the vegetables or used for stock for gravy or soup.

Always use a good whole-meal flour for puddings and pastry.

If a saucepan be kept entirely for frying and after using put aside with the fat in it until required again, frying with a basket in deep fat will be found much cleaner, nicer, and more economical than in a frying pan. Needless to say the fat must be clarified and kept clean and covered when not in use.

Pulses and grains should all be washed before using and beans and peas if soaked for twenty-four hours will require less time for cooking.

In cooking pulses and grains if a small piece of butter or nutter be added to the water they are to be cooked in, it will prevent them from sticking to the saucepan.

Puddings and sweets are not given in this little book for the reason that those used by meat eaters are used by vegetarians alike except in the case of puddings made with suet, and pastry—when butter or nutter or some vegetable fat is used in the place of suet, dripping or lard.

And one word in conclusion, it is not necessary—as so many seem to suppose—to prepare a fresh dish every day—cold vegetarian dishes are just as nice, if not far nicer than cold meat and in the fortnight's menu given—several instances are shown how roasts, etc., left over from dinner may be served cold the next day.

W. M. G.

A FORTNIGHT'S MENU

1. Spanish Soup. Lentil Roast and Tomato sauce. Sprouts and brown potatoes. Pudding and fruit.

2. Tomato Soup. Cold Lentil Roast (from the day before) cut in slices and Mayonaise sauce. Salad and potatoes. Pudding and fruit.

3. Vegetable Soup. Macaroni cheese and Mint sauce. Peas and mashed potatoes. Pudding and fruit.

4. Brown Lentil Soup. Cold Macaroni Cheese (from the day before) cut in squares with sliced Tomato and Mayonaise sauce. Potatoes. Pudding and fruit.

5. Butter Bean Soup. Rice Croquettes and gravy. Spinach and potato cakes. Pudding and fruit.

6. Scotch broth. Green Corn Fritter and gravy. Marrow, Baked potatoes. Pudding and fruit.

7. Chestnut Soup. Butter bean and Tomato pie. Gravy. Mashed potatoes and cabbage. Pudding and fruit.

8. Gravy Soup. Bean pie (from the day before) curried. Boiled potatoes and carrots. Pudding and fruit.

9. Macaroni Soup. Nut cutlets and Tomato sauce. Turnips and baked potatoes. Pudding and fruit.

10. Lentil Soup. Macaroni omelet and Apple sauce. Spinach and chip potatoes. Pudding and fruit.

11. Celery Soup. Cold macaroni omelet (from the day before) cut in slices and fried. Stewed onions and boiled potatoes. Pudding and fruit.

12. Tomato Soup. Rice cheese. Mint sauce. Cauliflower and baked potatoes. Pudding and fruit.

13. Haricot soup. Cold Rice and Cheese (from the day before) with Mayonaise sauce. Mashed potatoes and salad. Pudding and fruit.

14. Spanish Soup. Tomato cutlets and gravy. Stewed celery and boiled potatoes. Pudding and fruit.

SOUPS

1. BUTTER BEAN SOUP.—1 pint butter beans, 1 carrot, 1 turnip, 1 onion, 1 stick of celery, 2 ozs. of butter or nutter, 1 tablespoonful of chopped parsley, or 1 teaspoonful mixed herbs, 2 quarts cold water, pepper and salt to taste.

Wash beans, peel, and grate or slice vegetables. Melt the butter in saucepan in which brown your onions. Add rest of ingredients and let boil for three hours. Strain and serve with toast.

Haricot beans may be used in the same way.

2. CHESTNUT SOUP.— $\frac{1}{4}$ lb. chestnut flour, 1 onion, 2 sticks of celery, 1 small piece of mace, 2 oz. butter or nutter, $\frac{1}{2}$ pint milk, $1\frac{1}{2}$ pints water. Cream if served.

Peel and slice or grate your onion and put it in the saucepan with the butter, fry a very light brown. Then add the celery, mace and water and let boil for $\frac{1}{2}$ an hour, when you carefully stir in the chestnut flour previously mixed into a paste with the milk, let this all simmer for $\frac{1}{2}$ an hour. Strain and just before serving stir in a tablespoonful of cream. Serve with toast.

3. CELERY SOUP.—3 small heads of celery, 2 onions, 1 potato, 2 ozs. butter or nutter, $\frac{1}{2}$ pint milk, mace (small piece), 3 pints water, pepper and salt to taste, 1 tablespoonful prepared barley.

Peel and cut up vegetables. Place butter in saucepan and slightly brown onion in this. Then add celery and potato with mace and water and let boil for $1\frac{1}{2}$ hours. Strain and add barley, previously

mixed into a paste with the milk. Boil for 10 minutes and serve. A tablespoonful of cream improves this soup. Serve with toast.

4. LENTIL SOUP.—1 pint red lentils, 2 ozs. butter or nutter, 1 carrot, 1 onion, 1 turnip, 1 stick celery, 1 tablespoonful chopped parsley or 1 teaspoonful mixed herbs, 2 quarts cold water, salt and pepper to taste.

Slice onion and fry with the butter in the saucepan. Wash and add lentils, water, grated vegetables, and seasoning. Boil for two or three hours, strain and serve with toast.

Brown lentils may be used in the same way.

5. MACARONI SOUP.—2 onions, 2 ozs. nutter or butter, $\frac{1}{4}$ lb macaroni, 2 bay leaves, 1 pint milk and 1 quart water, pepper and salt to taste.

Peel and slice onion and fry light brown in the saucepan. Add 1 quart boiling water and macaroni broken up into small pieces, boil for one hour with the seasoning, add milk, boil up again and serve. Add 1 tablespoonful of cream if desired. Serve with toast.

6. SPANISH SOUP.—1 Spanish onion, 2 ozs. butter, $\frac{1}{2}$ pint milk, 1 pint water, 1 egg, 1 teacupful white breadcrumbs, 1 tablespoonful of cream.

Put sliced onion in saucepan with butter and fry slightly brown. Add water and boil for $\frac{1}{2}$ hour, then add milk, breadcrumbs and seasoning, and let come to boil again. Turn in tureen and stir gently in the egg which should be previously well beaten, also the cream when it is ready to serve.

7. TOMATO SOUP.—1 lb. of tomatoes (or contents of $\frac{1}{2}$

tin of tomatoes), 1 onion, 1 oz. butter or nutter, 3 pints water (if whole tomatoes) or 1 quart (if tinned ones are used), pepper and salt, 1 tablespoonful chopped parsley, 1 tablespoonful prepared barley.

Slice or grate onion and fry in butter in the saucepan. Add tomatoes, water and seasoning, and boil for one hour. Strain and thicken with barley, which should be mixed to a paste and carefully stirred into the soup. Serve with toast.

8. SCOTCH BROTH.—1 teacupful pearl barley, 2 quarts water, 1 oz. butter or nutter, 1 carrot, 1 turnip 1 onion (cut in slices), little cauliflower, peas, or tomato or any other vegetable in season, chopped parsley, salt and pepper.

Wash barley and turn all into a saucepan and boil for two hours. Turn out and serve.

9. VEGETABLE SOUP.—2 onions, 1 carrot, 1 turnip, 1 potato, 1 tablespoon chopped parsley, $\frac{1}{2}$ pint peas, beans or lentils, 2 ozs. butter or nutter, 2 quarts of water.

Grate vegetables and fry onions in the nutter. Add all together and boil for two or three hours. Strain and serve with toast.

10. VEGETABLE MARROW SOUP.—1 medium sized marrow, 1 pint water, 1 pint milk, 1 oz. butter, 1 tablespoonful prepared barley, pepper and salt.

Peel and cut up marrow and boil to a mash in the water, strain, return to saucepan, adding milk, butter and seasoning. Thicken with prepared barley, boil for a few minutes and serve with toast.

11. GRAVY SOUP.—3 pints of vegetable and bean

stock, 1 oz. butter or nutter, $\frac{1}{4}$ lb. mushrooms, 3 teaspoonfuls of Marmite, salt and pepper.

Peel and wash mushrooms. Put the butter and mushrooms into a saucepan and let brown. Then add the stock and let boil for $\frac{1}{2}$ hour and just before serving add the Marmite previously dissolved in a cup of hot water. Serve with toast.

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A HOT DINNER IN A FEW MINUTES.—Prepare one of the 12 Vegsal Soups according to directions in Stone Ware Saucepan, add cold vegetables—'Left Overs'—and serve, or use 1oz. Nuto Cream to the $\frac{1}{4}$ pint of water and serve on Toast, like 'Welsh Rarebit.'

40 NUTRITIOUS VEGETARIAN DINNERS.—Variety for

more than 40 different dinners is provided in the 'Pitman' Vegsal Soups if used with Vegetables, by making Stews with Mushroom, Nutmarto, Asparagus, or Celery; Soups with Lentil, Green Pea, Mulligatawny, or Nuto Cream; and Sauces or Gravies from Mushroom, Nuto, Nuto Cream, Nutmarto or Vigar.

NUTO CREAM ROASTS.—Cut contents of tin of 'Pitman' Nuto Cream Meat into four triangular quarters, cut each quarter into slices of about $\frac{1}{4}$ in. thickness, brush over with egg and cover with bread crumbs, or Placobread Biscuits. Melt a little Vegetable Lard in baking tin and put in slices of meat. Bake for 20 minutes, basting occasionally with the hot fat.

STEWED NUTO CREAM MEAT.—Cut one tin Nuto Cream Meat into thin slices, and cover with Nuto Cream Soup and bake for one hour.

ROASTS

12. **BUTTER BEAN ROAST.**— $\frac{1}{2}$ lb. butter beans, 1 onion, $\frac{1}{4}$ lb. butter or nutter, 2 eggs, $\frac{1}{2}$ lb. breadcrumbs, 1 teaspoonful mixed herbs, 1 tablespoonful chopped parsley, salt and pepper to taste, 1 lb tomatoes.

Cook beans with sliced onion till soft and turn out into a basin, mash, adding 2 ozs. butter, beaten eggs, breadcrumbs, herbs and seasoning and mix all well together. Turn on to a floured board and shape into roast sprinkling a little flour all over. Place on a greased baking tin, with the rest of the butter on top and bake with the tomatoes round for

about $\frac{3}{4}$ of an hour, occasionally taking it out to baste. It should be nicely browned. Serve with gravy or apple sauce. This may also be eaten cold with salad.

13. LENTIL ROAST.— $\frac{1}{2}$ lb. red lentils, 2 beaten eggs, 1 onion, 1 tablespoonful chopped parsley, 1 teaspoonful mixed herbs, $\frac{1}{4}$ lb. butter or nutter, salt and pepper, $\frac{1}{2}$ lb. breadcrumbs.

Wash lentils and cook till soft, placing them in a saucepan with about $\frac{3}{4}$ pint cold water and onion sliced. This usually takes about $\frac{3}{4}$ hour. Turn out into a basin and mash, adding breadcrumbs, eggs, parsley, herbs, seasoning and half the butter. Mix well and turn out on to a floured board, form into roast rolling it in flour and place on greased baking tin. Place rest of butter in knobs on top of roast. Bake about $\frac{3}{4}$ hour in a hot oven occasionally basting it. Serve hot with gravy or lemon mint sauce, or cold with salad.

14. HAZEL NUT ROAST.— $\frac{1}{4}$ lb. ground hazel nuts, $\frac{1}{4}$ lb. breadcrumbs, 2 beaten eggs, 1 small chopped onion, 1 dessertspoonful chopped parsley, pepper and salt if desired, 2 ozs. butter.

Mix all, excepting the butter, together in a basin, form into a roast and place on greased baking tin putting the butter on the top of the roast. Bake $\frac{1}{2}$ hour, basting occasionally, serve with gravy.

This roast can be made of any other nuts.

15. NUT-MEAT ROAST.—1lb. tin of Vejola (or any other nut meat) 1 oz. butter, little flour, 1 lb. tomatoes, salt and pepper if desired.

Open tin and place Vejola on greased baking tin.

Dredge the roast well with flour and place the butter on top, put tomatoes round. Bake in hot oven for 1 hour occasionally taking it out to baste, serve with gravy and red currant jelly.

16. SAVOURY BREAD ROAST.— $\frac{1}{2}$ lb. brown breadcrumbs, 1 chopped onion, 3 ozs. butter or nutter, 2 beaten eggs, 1 teacupful milk, little ground mace, grated rind of $\frac{1}{2}$ lemon, 1 dessertspoonful of chopped parsley, pepper and salt.

Put all ingredients into a basin and mix well together. Form into a roast, place on baking tin and bake, with 1 oz. of the butter placed on top, for about 1 hour. Serve with gravy and apple sauce or cut in slices when cold and serve with salad.

PROTOSE ROAST.—Use one half-pound of protose as it comes from the tin. Press into the sides of this one large onion which has been sliced thin, and sprinkle with salt. Place in a baking dish, and surround with a nut cream made by dissolving one-fourth cup of peanut butter in one and one-half pints of water, and salt to taste. As it bakes in a hot oven, baste often with the dressing until the protose and onion become a rich brown. The time usually required for baking is from one and one-half to two hours. Serve with each spoonful of protose two or three spoonfuls of the dressing.

SAVOURIES

17. MACARONI CHEESE.— $\frac{1}{2}$ lb. macaroni, $\frac{1}{2}$ lb. grated cheese, teacupful of bread crumbs, small piece of butter, pepper.

Cook the macaroni well (place in boiling water and boil $\frac{3}{4}$ of an hour) and turn on to a large flat baking dish or tin that has been previously greased. Spread cheese over this and the bread crumbs on top. Place the butter in small pieces on this and pepper. Bake for $\frac{3}{4}$ hour serving hot or cold with salad.

18. BUTTER BEAN RISSOLES.— $\frac{1}{2}$ lb. butter beans, 1 chopped onion, 2 oz. butter or nutter, 3 eggs, $\frac{1}{2}$ lb bread crumbs, 1 tablespoonful chopped parsley or 1 teaspoonful of mixed herbs. Fat for frying.

Wash beans and place in cold water with onion and boil till tender.

Turn into basin without straining quite all the stock away. Mash and add butter, 2 beaten eggs, bread crumbs, parsley, and seasoning. Mix all well together, form into rissoles, roll in egg and bread crumbs and fry in deep fat in frying basket till nicely browned, drain well, place on paper mat, garnish with parsley and serve hot or cold.

19. GREEN CORN FRITTERS.— $\frac{1}{2}$ tin green corn, 2 well beaten eggs, 2 tablespoonfuls of flour, salt and pepper if desired, fat for frying.

Mix all together in a basin and when the fat is quite boiling in the pan, drop spoonfuls in and fry a golden brown. Drain on paper before serving.

20. LENTIL RISSOLES.— $\frac{1}{2}$ pt. red lentils, 2 beaten eggs, 1 chopped onion, 1 tablespoonful chopped parsley, 1 teaspoonful mixed herbs, $\frac{1}{2}$ lb bread crumbs, 2 oz. butter or nutter, salt and pepper, fat for frying.

Wash and put lentils in $\frac{3}{4}$ pt. of cold water and

cook with onion till soft. Turn out and mash in a basin, mixing in the rest of the ingredients. Form into rissoles, roll in egg and bread crumbs and fry in deep fat in frying basket till golden brown. Serve hot or cold with mint sauce.

21. MACARONI CHEESE CROQUETTES.— $\frac{1}{4}$ lb. macaroni, $\frac{1}{4}$ lb. grated cheese, 2 eggs, little flour, salt and pepper.

Break macaroni into small pieces, put into boiling water and cook till soft, strain, turn out into basin, chop into small pieces, and add cheese, beaten eggs and flour, form into balls and drop into boiling fat and fry golden brown. These should be done in a frying basket in deep fat.

22. WALNUT RISsoles.—1 teacupful bread crumbs, 1 teacupful hazel nuts, 1 teacupful walnuts, 1 egg, little chopped onion and parsley, salt and pepper.

Put nuts through mill (or some stores will grind them for you) and mix them in a basin with bread crumbs, beaten egg and seasoning. Form into rissoles, egg and bread crumbs and fry in deep fat till nicely brown. Serve with tomato sauce.

23. RICE CROQUETTES.— $\frac{1}{4}$ lb. rice, $\frac{1}{4}$ lb. grated cheese, 2 beaten eggs, little flour, salt and pepper, fat for frying.

Cook rice and strain, turn into basin to cool, add grated cheese, seasoning and eggs. Form into balls, rub in little flour and fry in deep fat till golden brown.

24. TOMATO CUTLETS.— $\frac{1}{2}$ lb. brown bread crumbs, 1 chopped onion, 1 lb. tomatoes, 3 eggs, 1 table-spoonful chopped parsley, salt and pepper, fat for frying.

Peel and chop up tomatoes, turn into basin with bread crumbs, onion, parsley and beaten eggs, salt and pepper. Mix well together and drop spoonfuls into frying pan of boiling fat, allow to nicely brown, turn over and when done place on kitchen paper to drain and serve hot.

25. NUT CUTLETS.— $\frac{1}{4}$ lb. ground mixed nuts, $\frac{1}{4}$ lb. bread crumbs, 2 beaten eggs, little chopped parsley and onion, $\frac{1}{2}$ teacupful of milk or tomato juice, fat for frying, salt and pepper.

Mix all together in a basin, form into cutlets and fry both sides till well brown. Serve hot with gravy or tomato sauce.

26. BUTTER BEAN and TOMATO PIE.— $\frac{1}{2}$ lb. beans, 1 sliced onion, 1 lb. (or half a tin) of tomatoes, 1 oz. soaked tapioca, 1 oz. butter or nutter.

Cook beans with onion till soft. Grease a pie dish and place a thin layer of tapioca at the bottom, then fill up with layers of tomatoes, peeled and sliced, and beans, adding the seasoning and butter, put a little more tapioca, pour over some of the stock from the beans. Cover with pastry, using 1 lb. of flour brown or white or half and half, $\frac{1}{2}$ lb. of nutter or butter, and bake for 1 hour. Serve hot.

Haricot Beans may be used in the same way.

27. MELTON MOWBRAY PIE.— $\frac{1}{2}$ lb. butter beans, 1 onion, 1 hard boiled egg, 2 oz. butter, $\frac{1}{4}$ lb. mushrooms or $\frac{1}{2}$ lb. tomatoes, $\frac{1}{2}$ oz. soaked tapioca, little mixed herbs, pastry.

Cook beans with onion till soft. Turn out and mash with 1 oz. butter and very little sifted herbs.

Peel and fry mushrooms or tomatoes in other 1 oz. of nutter and stand to cool. Slice egg.

Make pastry using 1 lb. flour ($\frac{1}{2}$ brown $\frac{1}{2}$ white) and $\frac{1}{2}$ lb nutter or butter and line a greased loose bottom oval baking tin with this, fill up with, first a thin layer of tapioca, then mushrooms, beans and egg, pouring a very little of the bean stock on top, pepper and salt. Cover with pastry, egg, and bake for about 40 minutes, turn out carefully and stand to cool. Serve cold with salad.

28. LENTIL SAUSAGE ROLLS.—1 teacupful cooked lentils, 1 teacupful grated cheese, $\frac{1}{2}$ oz. butter, little nutmeg or powdered mace, pepper and salt. Pastry—1 lb. flour, $\frac{1}{2}$ lb. nutter.

Turn the lentils into basin and mash, adding the cheese, butter and seasoning. Mix well together while lentils are warm and stand to cool.

Make pastry, fill with this mixture, form into sausage rolls, egg, and bake for about 20 minutes. Serve cold.

29. CREAMED CORN PATTIES.— $\frac{1}{2}$ tin corn, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ teacup milk, little cream, pepper and salt, pastry, $\frac{1}{2}$ lb. nutter, 1 lb. flour.

Turn the butter, milk and corn into a saucepan with pepper and salt and let simmer 15 minutes. Add about a tablespoonful of cream and stand to cool.

Make your patty casings with the pastry bake and fill up with this mixture. Serve cold.

30. TOMATO AND CHEESE PATTIES.—1 teacupful tomato purée, 1 teacupful grated cheese, 1 beaten egg, little mustard, small piece of butter. Pastry—1 lb. flour, $\frac{1}{2}$ lb. nutter.

Turn all except the flour and nutter into a saucepan, and stir till it comes just to the boil. Turn out and stand to cool.

Make patty casings with pastry, bake, fill with the above mixture and serve cold.

31. BUTTER BEAN SAUSAGE ROLLS.—1 teacupful cooked and mashed beans, 1 teacupful grated cheese, $\frac{1}{2}$ oz. butter, pepper and salt, little ground mace. Pastry—1 lb. flour ($\frac{1}{2}$ white, $\frac{1}{2}$ brown), and $\frac{1}{2}$ lb. nutter.

Turn beans, cheese, butter and seasoning all into the basin and mix well while the beans are warm.

Make pastry, roll out and fill with the mixture, form into rolls, egg and bake. Serve hot or cold.

32. CHEESE SOUFFLÉ.—6 slices of bread and butter, $\frac{1}{4}$ lb. cheese, 2 eggs, 1 pint milk.

Fill up a pie dish with alternate layers of thin bread and butter and thin layers of cheese, finishing with cheese on top, pour over a custard of the beaten eggs and milk, bake for about half an hour and serve hot.

33. CREAMED CORN.—1 tin green corn, 1 oz. butter, teacupful of milk, little cream.

Put this all in a saucepan and let simmer for about 15 minutes, turn out and serve with toast sippets.

34. CAULIFLOWER AU GRATIN.—1 boiled cauliflower, $\frac{1}{4}$ lb. white breadcrumbs, 6 ozs. grated cheese, 1 oz butter, $\frac{1}{2}$ pint milk, 1 oz. flour, salt and pepper.

Make a thick white sauce with the flour, milk and butter. Place the cauliflower on baking dish, pour over sauce, sprinkle cheese over this and then the breadcrumbs. Bake for about 20 minutes, serve hot.

35. **FRIED CAULIFLOWER.**—1 boiled cauliflower, 2 eggs, 4 tablespoons of flour, salt and pepper, fat for frying.

Cut cauliflower up into small pieces. Make a thick batter of the eggs, flour, and little milk. Dip the cauliflower bit by bit into this batter and fry till nicely brown. Place on kitchen paper to drain and serve hot.

36. **CURRIED EGGS.**—4 hard boiled eggs, 1 onion, $\frac{1}{2}$ oz. butter, 1 dessertspoonful of curry, 1 dessertspoonful of flour, $\frac{1}{4}$ pint bean or other stock, few drops of lemon juice and a little cream, $\frac{1}{4}$ lb. rice.

Cut up onion and fry in butter. Add curry, flour and stock, and stir till it all boils, now add eggs cut in thick slices or knobs, seasoning, lemon juice and cream, let stand on side of stove for 15 minutes, turn out and serve with boiled rice.

37. **WHOLEMEAL DUMPLINGS.**—1 lb. Artox flour, 4 ozs. butter or nutter, $\frac{1}{2}$ oz. soaked tapioca.

Rub the butter into the flour and add tapioca, mix with water, form into dumpling, drop into saucepan of boiling water and boil for $\frac{1}{2}$ hour.

38. **GALANTINE.**— $\frac{1}{4}$ oz. Agar-Agar, 2 hard boiled eggs, 2 tomatoes (small), $\frac{1}{2}$ teaspoonful chopped parsley or few cooked peas, $\frac{1}{2}$ lb. mashed and seasoned butter beans, $\frac{1}{4}$ lb. fried mushrooms, salt and pepper.

Wash agar agar and put into a saucepan with 1 pint cold water, boil till dissolved. Peel and cut up eggs and tomatoes in slices. Sprinkle little parsley round the mould, then place egg and tomato at the bottom and sides, fill up with beans and

mushrooms. Pour over the hot agar agar through a strainer. Place a fork carefully down the sides to make sure the jelly has gone all round and reached the bottom. Stand in a cool place for 12 hours. Turn out and serve with salad and mayonaise sauce.

39. MACARONI OMELET.— $\frac{1}{4}$ lb. macaroni, 2 eggs, 1 onion, little chopped parsley or sage, pepper and salt.

Boil macaroni and turn into basin to cool. Beat eggs and chop parsley and onion. Add these to the macaroni with seasoning. Turn into a well greased baking dish and bake in hot oven for 40 minutes. Serve with tomato sauce, or if sage is used instead of parsley, apple sauce.

40. FRIED MACARONI.— $\frac{1}{4}$ lb. macaroni, 4 tablespoonfuls of flour, 2 eggs, little seasoning, fat for frying.

Cook macaroni, turn out and strain well. Make a thick batter with the flour, eggs and milk, dip the macaroni into this batter and drop singly into boiling fat and fry a golden brown. This should be done in a frying basket in deep fat. Turn out and drain well on kitchen paper and serve hot. A little grated cheese added to the batter may be used.

41. IRISH STEW.—1 carrot, 1 onion, 1 potato, $\frac{1}{2}$ lb. Vejola, 1 oz. nutter, salt and pepper.

Prepare vegetables, cut up in slices and put in a saucepan with the nutter and a little water and let cook gently for about 1 hour, then add vejola cut into knobs, and pepper and salt and let simmer for 15 minutes. Turn out and serve hot.

42. STUFFED TOMATOES.—6 equal sized tomatoes, 2 ozs. ground nuts, 1 oz. grated cheese, pepper and salt.

Wash tomatoes and cut small hole on the top of each, fill with a mixture made of the nuts and cheese, and let bake for $\frac{1}{2}$ hour in not too hot an oven. Serve hot.

43. NUT AND TOMATO STEW.—1 lb. or $\frac{1}{2}$ tin of tomatoes, $\frac{1}{2}$ lb. of Vejola or any nut meat, 1 oz. butter, pepper and salt, plain boiled rice.

Skin and cut tomatoes and turn into a saucepan with the butter and let boil, add Vejola cut up into small pieces, pepper and salt, let all simmer gently for $\frac{1}{2}$ hour. Turn out and serve hot with boiled rice.

44. RICE OMELET.— $\frac{1}{4}$ lb rice, 2 eggs, $\frac{1}{4}$ pint milk, 1 finely chopped onion, 1 dessertspoonful chopped parsley, pepper and salt, 1 oz. nutter.

Cook rice and turn into basin to cool, add parsley, onion, beaten egg, milk and seasoning. Mix all well together and turn into a baking dish into which the nutter has been previously melted. Bake for 40 minutes and serve hot with tomato or mint sauce.

45. RICE CHEESE.— $\frac{1}{2}$ lb rice, $\frac{1}{2}$ lb. grated cheese, $\frac{1}{2}$ teacup breadcrumbs, pepper and salt, 1 oz. butter or nutter.

Cook rice and spread on to a greased flat baking dish or tin. Cover with the cheese, sprinkling breadcrumbs on top and the butter in small knobs, Bake for $\frac{1}{2}$ hour and serve hot with mint sauce or cold with salad.

46. TOMATOES AND RICE.— $\frac{1}{4}$ lb. rice, 1 onion, $\frac{1}{2}$ tin tomatoes, 1 oz. butter, pepper and salt.

Turn tomatoes with about a teacupful of water into a saucepan with the onion cut in slices and bring to the boil, then turn in the rice previously

washed, butter, salt and pepper and let boil gently for about one hour. Turn out and serve hot, or a little grated cheese may be added. Place it all in a piedish and bake till brown on top.

47. WINTER SALAD.—4 or 6 cold cooked potatoes, 1 beetroot, 1 head of celery, 1 hardboiled egg, oil and vinegar or lemon, mustard, salt and pepper.

Slice the potatoes, peel and slice beet, wash and cut up celery into small pieces.

Arrange in layers in a salad bowl. Pour over a dressing made of the oil, vinegar, salt, mustard and pepper. Place the egg cut in slices on the top, let stand for one hour before serving.

PROSOSE CUTLETS.—Cut the protose into slices half an inch thick. Make an egg sauce of the yokes of three eggs well beaten, stir in a little white flour, and salt to taste. Dip each slice of protose in the egg sauce, then sprinkle with a little dry Avenola, or breadcrumbs so as to completely cover each slice. Bake separately in a baking-pan until the Avenola is well browned.

PROTOSE PATTIES.—Have prepared one-half pound of protose, which has been boiled in salted water until tender. Also two cups of rice which must be boiled well. Mix these together with one half-cup of nut cream, and one half-cup of brown breadcrumbs. This mixture should be sufficiently dry to mould in patties with the hands, and afterwards may be rolled into more breadcrumbs. Bake in a quick oven until brown. The baking must be quick to bring good results. Serve with a brown flour and nut butter cream sauce.

SANDWICH PASTES

48. BUTTER-BEAN PASTE.—1 teacup of cooked and mashed beans, 1 teacup of grated cheese, small piece of butter, little grated nutmeg or ground mace, pepper and salt.

Mix all well together in a basin while the mashed beans are warm, place in a jar till cold, put between bread and butter for sandwiches.

49. TOMATO AND CHEESE PASTE.—1 teacup of tomato pureé, 1 teacup of grated cheese, 1 beaten egg, small piece of butter, mustard, pepper and salt.

Turn all into a small saucepan and stir till it just comes to the boil, turn out into a jar and stand to get cold.

50. WALNUT AND MARMITE PASTE.— $\frac{1}{4}$ lb. walnut butter, $\frac{1}{2}$ teaspoonful marmite.

Turn butter into a basin and beat to a cream, adding the marmite and well mix together. Cut bread and spread with the mixture forming into sandwiches without other butter.

51. LENTIL PASTE.—1 teacup cooked lentils, 1 teacup grated cheese, $\frac{1}{2}$ oz butter, little powdered mace, pepper and salt.

Mix all well together while the lentils are warm, turn into a jar and stand to get cold before using.

52. CREAM CHEESE AND MUSCATEL SANDWICHES.—1 cream cheese, $\frac{1}{4}$ lb. muscatels, bread.

Spread thin slices of brown bread with the cream cheese rather thickly, stone the muscatels and place them on the cream and form into sandwiches.

53. NUT-MEAT SANDWICHES.—Cut Vejola or any nut meat into thin slices and place between bread and butter adding a little mustard and salt.

54. GREEN CORN MAYONAISE.— $\frac{1}{2}$ tin green corn, 1 tablespoon of lemon juice or vinegar, 1 yoke of egg, 1 tablespoon of olive oil, 2 tablespoons of cream, Mustard pepper and salt.

Make a mayonaise with the above and mix with the green corn served with salad.

55. CURD CHEESE,—1 quart of new milk, 2 lemons.

Bring the milk to the boil then squeeze in the juice of the lemons, stir and stand to cool. Pour through muslin and squeeze till all moisture has gone, place on glass plate and serve.

SAUCES

56. GRAVY.—1 oz. butter, $\frac{1}{2}$ oz. flour, 1 teaspoonful marmite, 1 teacup boiling water.

Put butter to brown in frying pan shaking in the flour. Dissolve the marmite in hot water add to the butter. Stir and turn out.

57. TOMATO SAUCE.—1 oz. butter, $\frac{1}{2}$ oz. flour, 1 teacup tomato juice, salt and pepper.

Brown your butter in a saucepan or frying pan adding the flour and finally the tomato and seasoning. Simmer for 5 minutes and serve.

58. CHEESE SAUCE.— $\frac{1}{2}$ pt. milk, 1 teaspoonful corn-flour, 3 ozs. grated cheese, pepper and salt, $\frac{1}{2}$ oz. butter.

Place the milk on to boil previously mixing the flour with a little of it. Stir in and let boil two minutes. Sprinkle in the cheese add the butter and serve with plain boiled macaroni or cauliflower.

59. LEMON MINT SAUCE.—2 tablespoons chopped mint, 1 tablespoon of sugar, $\frac{1}{2}$ gill lemon juice, little water.

Form into sauce as in the usual manner.

BREADS

60. UNFERMENTED BREAD.—1 lb. Artox flour, 6 ozs. dried milk, 1 pt. cold water.

Mix the flour and dried milk together then add the water. Turn into two hot greased baking tins and bake in a hot oven for one hour.

61. GRIDDLE BREAD.—1 pint wholemeal or Artox flour, $\frac{1}{2}$ pint boiling water, a small piece of butter.

Turn the flour into a basin placing the butter in the centre, pour the water over this and mix well. Turn on to a floured board, roll out into a round till it is about half an inch thick, cut across and across and place on a hot floured griddle or in the oven and bake about 30 minutes. If cooked on a griddle it should be turned. To be eaten hot or cold.

62. BROWN SCONES.—1 lb. brown flour, 2 oz. castor sugar, 2 oz. butter or nutter, 2 teaspoonfuls of baking powder, $\frac{1}{2}$ pint of milk or water.

Rub the butter into the flour, add sugar and baking powder mixing all well together, add milk and form into dough. Turn on to a floured board and roll till about an inch in thickness. Cut across and across, place in a hot oven and bake about 40 minutes, when nearly done brush over with milk and sprinkle with sugar.

63. BANANA CAKE.— $\frac{1}{2}$ lb. Paterson's banana cake flour, 6 oz. castor sugar, $\frac{1}{4}$ lb. nutter or butter, 3 beaten eggs, $\frac{1}{2}$ teaspoonful of baking powder, a few glace cherries.

Cream butter and sugar together add eggs, mix the baking powder with the flour and add all together. Bake in a well greased cake tin with the cherries placed on top for about one hour, and in small cake tins for about 15 minutes.

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 8. Because if well selected it is a more satisfying and sustaining diet.
 9. Because it does not impose upon anyone the demoralising effect of the slaughter-house.
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